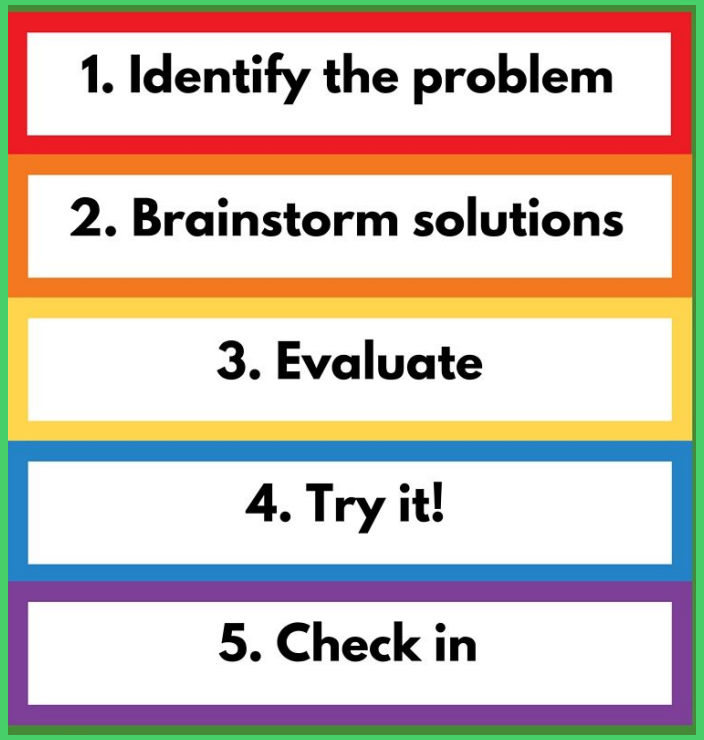
February 23, 2022

Topic:

Identifying & Having Healthy and Supportive Relationships

Resourcefulness/Problem Solving Review



Instead of giving up or getting frustrated when you run into a problem use your problem solving skills to **manage your feelings**, **think creatively**, and **keep working until you find a solution**.

Resourcefulness, also known as Problem Solving

The ability to deal with difficult situations quickly and imaginatively.

Strategy #1

Seek out help when you need it, don't wait for help to come to you.

Strategy #2

When your stuck on something, try different solutions until one works.

Strategy #3:

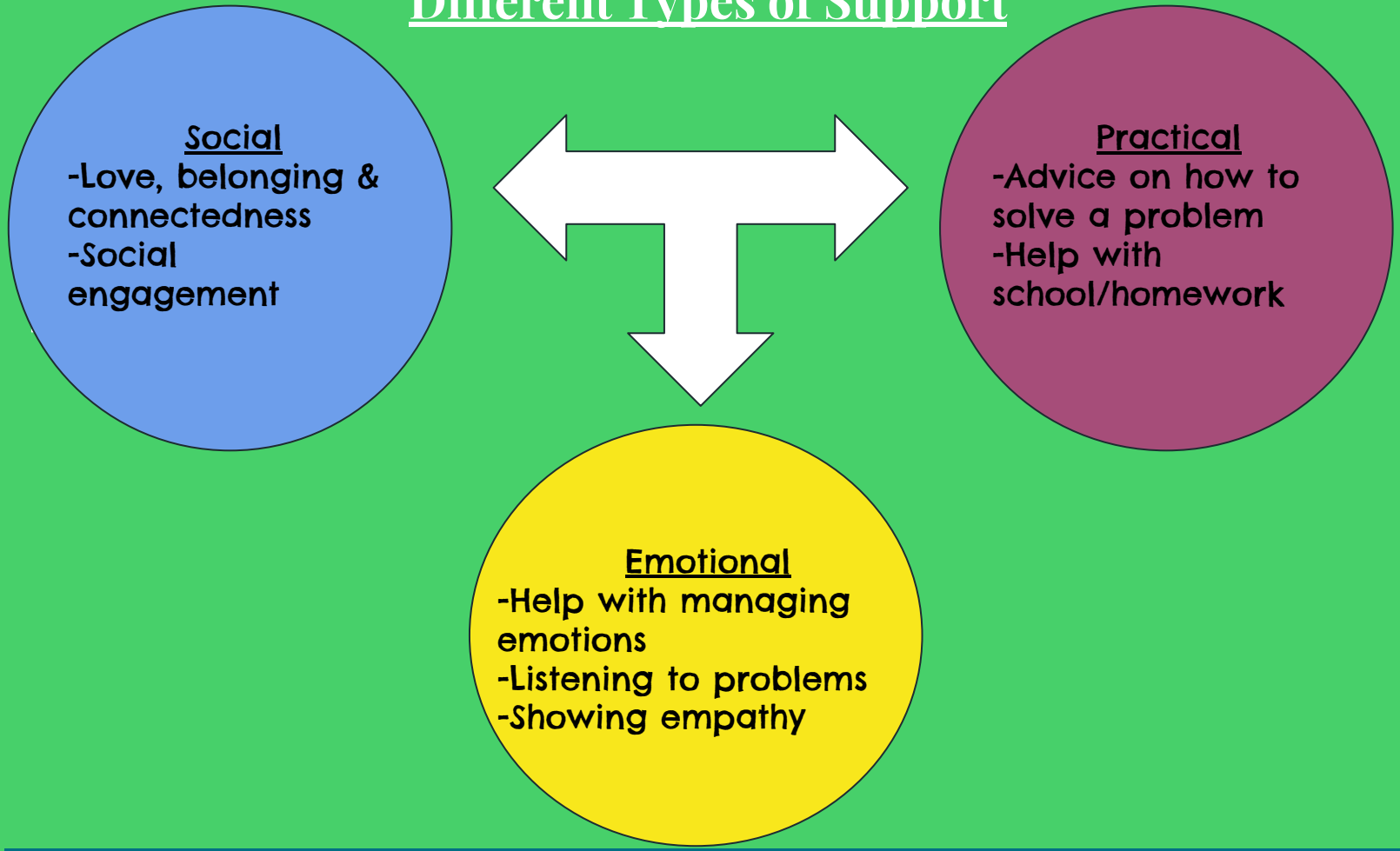
Be flexible and creative when thinking about how to solve a problem.

Review: Characteristics of a Resilient Person:

- Having GRIT
- Self-control (emotional & physical)
- Practice positive coping strategies
- Sense of humor
- Belief in our ability to be successful
- **Ability to solve problems***
- **Social support from friends and family**
- Positive outlook
- **Resourcefulness***

Healthy vs. Unhealthy Relationships

Different Types of Support



Activity

Directions: On a separate sheet of paper or in a Google Doc, make a list of the people in your support system in the three areas of emotional, practical & social and describe how they help you

***Remember, support people can be friends, family members, teachers, other trusted adults and/or groups like Boys & Girls Club, Teen Center, etc……

Support #1 -

Support #2 -

Support #3 -

Describe how each of your supports help you, or could help you with emotional, practical and/or social needs